



# SEPTEMBER 2016

**Maryland WIC**  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			<b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 Maryland toll free)	1	2	3
4	5	6 <b>Support Group</b> 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	7	8	9	10 <b>Breastfeeding Class</b> UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
11	12	13	14	15	16	17
18	19	20 <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> <b>Support Group/4pm - 6 pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	21	22	23	24
25	26	27	28	29	30	<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654



# OCTOBER 2016



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2	3	<b>4 Support Group</b> <b>10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	5	6	7	8
9	10	11	12	13	14	15
16	17	<b>18 Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center/Karen Van Trieste 410-822-1000, ext. 5700 <hr/> <b>Support Group/4pm-6 pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	19	20	21	22
23/30	24/31	25	26	27	28	29



# NOVEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mid-Shore Services:</b> Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		<b>To Contact a Breastfeeding Peer Counselor near you:</b> Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 <b>Mid-Shore WIC Program:</b> (410) 479-8060 or 1-866-551-2139 (Maryland toll free)				
		<b>1</b> <b>Support Group</b> <b>10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>Support Group/10:00 a.m.</b> Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> <b>Support Group/4pm-6pm</b> Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b> <b>Breastfeeding Class</b> <b>UM SMC at Easton, Health</b> <b>Education Center</b> <b>9 am - 12:30 pm</b> <b>To reserve your space: call</b> <b>410-882-1000, ext. 5231or</b> <b>410-228-5511, ext.5231</b>
<b>20/27</b>	<b>21/28</b>	<b>22/29</b>	<b>23/30</b>	<b>24</b>	<b>25</b>	<b>26</b>